

DIABETES CAMP OF WEST VIRGINIA, INC.

LEADERSHIP IN TRAINING (LIT) PROGRAM

What is the Purpose of a LIT Program? The main purpose of the program is to provide participants with the skills and knowledge to work effectively with children and peers in a camping environment and in the their communities at home.

What will the Training Cover? Sessions and hands-on experience will focus on how to:

- ❑ plan activities for different age groups
- ❑ develop an understanding of the emotional, physical and mental needs of young campers with diabetes
- ❑ improve communication skills
- ❑ increase their knowledge of the outdoors
- ❑ become more proficient in diabetes management
- ❑ be a worthy role model for the campers

What are the Benefits?

- ❑ The program will improve the quality of Camp Kno-Koma's future counselors.
- ❑ It will increase the commitment that these young people have to the mission of the Diabetes Camp of West Virginia.
- ❑ The training will develop their confidence and skills so as they may be used as "ambassadors" in their community, talking at health fairs, Lions Clubs, fund raising functions, etc.
- ❑ It will provide domestic and international opportunities for the counselors to work at other camps as leaders.

Who can apply for the Program? A maximum of eight applicants will be admitted to the program. Applicants must be at least 16 or 17 years of age at the start of the program. Leadership trainees should be optimistic, energetic, responsible, mature and willing to take initiative, with an enthusiastic approach to all aspects of Camp.